

Girls, Be Strong!

Count: 64

Wall: 4

Level: Phrased Beginner

Choreographer: Tina Chen Sue-Huei (TW) - September 2011

Music: Jie Jie Mei Mei Jan Chi Lai (姐姐妹妹站起來) - Jin-Ying Tao (陶晶瑩)



Start the dance on vocals - Dance sequence: AABB Tag/AABB Tagx3 - 8-count/BBB

TAG (16 counts)

- | | |
|-----|--|
| 1-2 | Step right forward, step left forward |
| 3&4 | Forward cha cha on RLR |
| 5-6 | Step left back , step right back |
| 7&8 | Back cha cha on LRL |
| | |
| 1-2 | Step right to right side, step left to left side |
| 3&4 | Cha cha in place on RLR |
| 5-6 | Step left to left side, step right to right side |
| 7&8 | Cha cha in place on LRL |

8-count

- | | |
|-----|---|
| 1-2 | Rock right to right side, recover onto left |
| 3-4 | Rock left to left side, recover onto right |
| 5-6 | Rock right to right side, recover onto left |
| 7-8 | Rock left to left side, recover onto right |

SECTION A – 32 counts

[1-8] SIDE ROCK, SAILOR-CROSS, LEFT VINE

- | | |
|-----|--|
| 1-2 | Rock right to right side, recover onto left |
| 3&4 | Cross right behind left, step left to left side, cross right over left |
| 5-6 | Step left to left side, cross right behind left |
| 7-8 | Step left to left side, cross right over left |

[9-16] SIDE ROCK, SAILOR-CROSS, RIGHT VINE

- | | |
|-----|--|
| 1-2 | Rock left to left side, recover onto right |
| 3&4 | Cross left behind right, step right to right side, cross left over right |
| 5-6 | Step right to right side, cross left behind right |
| 7-8 | Step right to right side, cross left over right |

[17-24] STEP, STEP, LOCK STEP, REPEAT WITH L

- | | |
|-----|---|
| 1-2 | Step right forward, step left behind on right |
| 3&4 | Step right forward, lock step left behind right, step right forward |
| 5-6 | Step left forward, step right behind on left |
| 7&8 | Step left forward, lock step right behind left, step left forward |

[25-32] FORWARD, RECOVER,, MAKE1/2 TURN RIGHT, CHA CHA X2, ROCK, RECOVER

- | | |
|-----|--|
| 1-2 | Rock forward right, recover weight onto left |
| 3&4 | Make 1/2 turn right stepping forward cha cha - right, left, right (6:00) |
| 5&6 | Make 1/4 turn right stepping back cha cha - left, right, left (3:00) |
| 7-8 | Rock right to back, recover weight onto left |

SECTION B – 32 counts

[33-40] SIDE ROCK, SAILOR-CROSS, SIDE ROCK, SAILOR-CROSS

- | | |
|-----|--|
| 1-2 | Rock right to right side, recover onto left |
| 3&4 | Cross right behind left, step left to left side, cross right over left |

5-6 Rock left to left side, recover onto right
7&8 Cross left behind right, step right to right side, cross left over left

[41-48] SIDE-TOUCH x 2, JAZZ BOX

1-2 Step right to right side, touch left together
3-4 Step left to left side, touch right together
5-6 Cross right over left, step left back
7-8 Step right to right side, step left together

[49-56] TOE, HEEL, R COASTER STEP, TOE, HEEL, L COASTER STEP

1-2 Touch right toe to left instep (with bent right knee), kick right heel diagonal forward
3&4 Step right back, step-close left to right, step right forward
5-6 Touch left toe to right instep (with bent left knee), kick right heel diagonal forward
7&8 Step left back, step-close right to left, step left forward

[57-64] JAZZ BOX 1/4 TURN RIGHT, JAZZ BOX

1-2 Cross right over left, step left back
3-4 1/4 turn right step right to right side, step left together
5-6 Cross right over left, step left back
7-8 Step right to right side, step left together

Ending facing 12:00

Have fun!

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